

For immediate release

Contact: Katherine Cruise, 781-239-0071, ext 119
KCruise@MentalHealthScreening.org

**ANONYMOUS MENTAL HEALTH SELF-ASSESSMENTS AVAILABLE ONLINE
OR ON THE PHONE;
www.MilitaryMentalHealth.org or 1-877-877-3647**

The Mental Health Self Assessment Program (MHSAP) provides free, anonymous online and telephone mental health and alcohol screening to all military personnel and their family members from every branch, including active duty, National Guard, Reserve, and Coast Guard. The online screening is accessed at www.MilitaryMentalHealth.org; the phone at 1-877-877-3647. Installations may also provide in-person screenings via health-fair type of events with materials provided by MHSAP.

Sometimes it is difficult for those who are experiencing depression, anxiety, post-traumatic stress, an alcohol problem or a related condition to understand that they are experiencing a mental health condition and that they may need professional assistance. Symptoms are varied and can include anger, tension, trouble sleeping, sadness, reliving past traumatic events, and feeling disconnected from the outside world. This is where a screening tool can be very helpful. A screening is simply a series of questions that, when linked together, help create a picture of how that person is feeling and what kind of evaluation they may need. It is not a diagnosis, but is a safety net.

The screening questions revolve around cardinal symptoms of the disorders and how long the individual is experiencing them. Typically, symptoms lasting unabated for two weeks or more are concerning, while symptoms that last for a shorter time and go away are not.

Both the online and phone programs are available 24 hours a day, 7 days a week and provide links to DoD and VA resources.

MHSAP is funded by Force Health Protection and Readiness, Office of the Assistant Secretary of Defense, Health Affairs and is run through the nonprofit organization Screening for Mental Health, Inc., (SMH) headquartered in Wellesley Hills, MA.

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